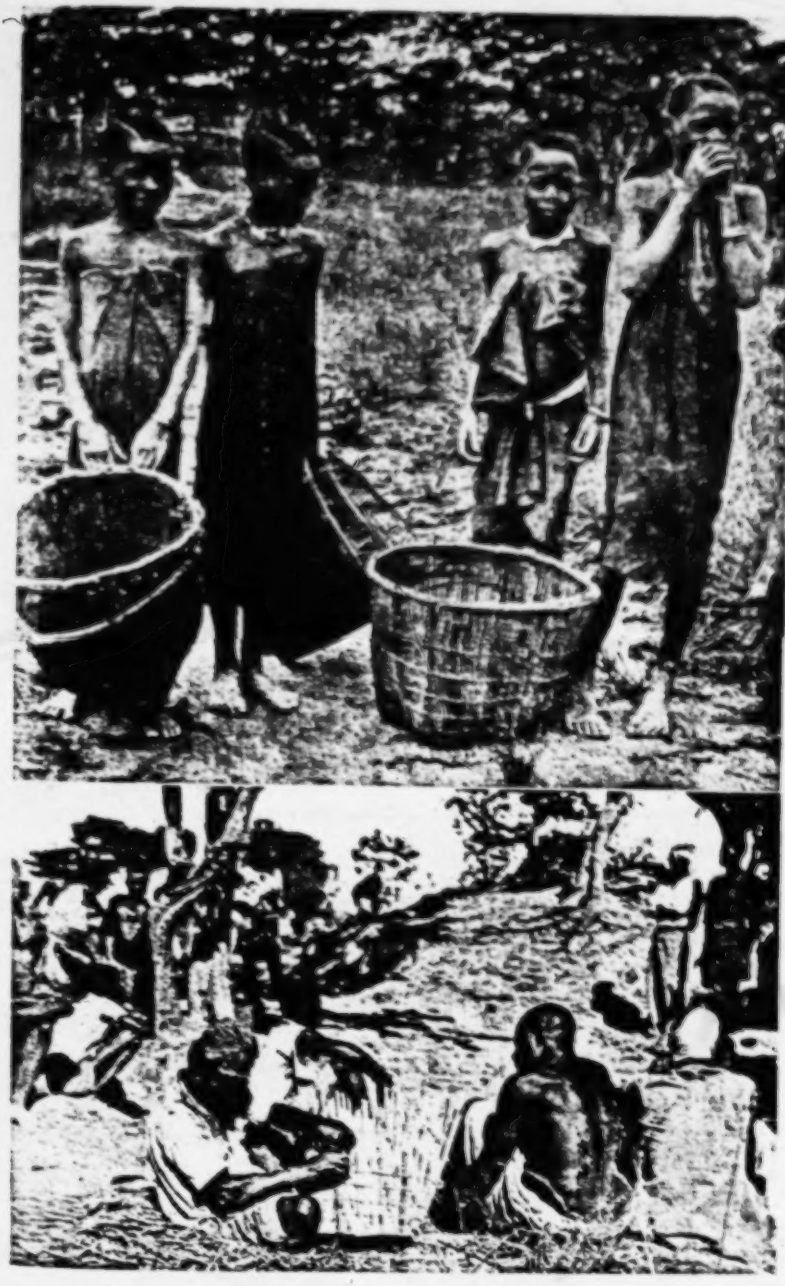
2:Richards E-5 (1930-1934)1939
FQ5 Bemba FQ5



222
291
142
285
415
301
302
516

Rainy weather. The girls of the village off to gather mushrooms.
Men make the carrying-baskets.

[facing p. 42]

2:Richards E-5 (1930-1934)1939
FQ5 Bemba FQ5

262 is practically non-obtainable, and gourds and occasional maize-cobs are often the only available foods. Thus the diet changes completely in composition from one season to another—a characteristic feature of primitive societies, of which the effects have not yet been investigated. Such essential constituents as are provided by the green vegetables, fruit, meat, and fish, given in the Appendix I, are only available for short periods of the year.

[146] To conclude, it can be said that most constituents considered essential to a balanced dietary are present in the Bemba environment, with the important exceptions of sufficient animal protein, fat, and salt. There is an absolute shortage of millet reckoned either by the figures of the amount available annually or from the obvious seasonal scarcity, and the natives' reliance on this one staple makes this lack a dangerous one. The most valuable accessary foods such as the pulses only last part of the year, and the supply of green vegetables is limited to a few months. Milk is never obtainable. Except in the case of meat and milk these deficiencies appear to be due to difficulties of production, storing, and exchange rather than to any particular environmental defects.

Physique and Energy.

● 142 It is impossible to describe the physique and output of energy of the natives living on this diet, as no medical examination of the people for this purpose has been made. Certain superficial observations may, however, be included for general interest.

Compared to the surrounding tribes the Bemba are tall and muscular, but it is exceedingly rare to find any member of the [145] tribe who is fat.[1] Girls between 16 and 18 are often quite plump, but they soon lose the extra fat and take on the angular figures of their mothers. Members of the royal family tend to be taller than the commoners, but it is not usual even to find a chief who is fat as compared with photographs of kings and notable personages among [856] the Zulu and other pastoral tribes. Babies are usually plump and well covered before they are weaned, but after that their arms and legs become skinny and their abdomens bulge in the manner common to so many African children.

[141] [1] It has been found recently that the average weight of 589 adult males *accepted* for mine work at Nkana was 127·65 lb. (9 stone 1 lb. 10 oz.), and that 83 per cent. weighed under 140 lb. (10 stone). This lightness in weight as compared to the European average may, of course, be a racial characteristic.

2:Richards E-5 (1930-1934)1939
FQ5 Bemba FQ5

142
244
291
302

Women hoeing up an old millet garden before sowing. Mound cultivation. Men hoeing up new ground into mounds.

[facing p. 146]

2:Richards E-5 (1930-1934)1939
FQ5 Bemba FQ5

142
224
291
[411]

Net-hunting. Bringing out the nets.
The nets stretched across the bush ready for a drive.

facing p. 344

5:Slaski E-4 (no date) 1950 FQS Bemba FQS
Luapula Peoples

South Africa Company and were given courts in 1924. 622

LEGAL SYSTEM

In the past the judicial officer at the capital was the Mwamicita.(1) An appeal from his decisions could be made to the Kazembe.(2) The *mafi* (poison-cup ordeal) was administered to the accused man by his nearest relative.(3) The penalty for witchcraft was always death.(4) Adultery, homicide and theft were punished by death, amputation of limbs or genitals, or sale into slavery.(5) Travellers commented on the number of natives, even among the court officials, with mutilated hands and cropped ears.(6) Within the *cubota* homicide seems to have been compoundable. 681 [732]

LAND

The conquered Shila continued to be recognised by the Lunda as the owners of the land, and were consulted when fresh land was wanted for settlement. At present all suitable land in the immediate vicinity of villages is under cultivation but there remains a sufficiency of uncultivated land farther away. 311 423

SLAVERY

Slaves, sold to Arab and Swahili traders, were mostly recruited from among convicted criminals.(7) Livingstone gives this as the reason for Kanyoosa's reluctance to purchase Kazembe slaves.(8) 567

OTHER CULTURAL FEATURES

PHYSICAL CHARACTERISTICS, DRESS etc.

"The people are black, dolichocephalic, woolly-headed, thin-lipped, of medium stature."(9) The interminglings of tribes has tended to eliminate differences of physical type. Facial scarification and tattooings, once distinctive tribal marks, have become mere fanciful embellishments. Chipping of the upper front teeth is now rare. 141 142 304

On ceremonial and ritual occasions in the past the body was smeared with *upemba*(10) (a white chalky substance extracted from the river bed) and the hair, worn long and plaited or made into a knob,(11) was powdered with *mbula* (reddish wood-dust).(12) Rubbing earth on arms and breast was a token of the respect due to chiefs.(13) The dress consisted of a bark-cloth skirt, *nyanda*,(14) or a cotton loin-cloth.(15) 302 291

(1) Gamitto, II, p.18.
(2) ibid.
(3) Holmes, p.55.
(4) Burton, p.129.
(5) ibid., p.40.
(6) Livingstone, I, p.248.
(7) Livingstone, I, pp.302-3; II, p.62.
(8) ibid., II, pp.28, 35.
(9) Valdez II, p.241.
(10) Burton, p.103; Gamitto, I, p.307.
(11) Livingstone, I, p.263.
(12) Burton, p.82.
(13) ibid., pp.45, 112; Valdez, II, p.227.
(14) Valdez, op.cit., p.219.
(15) Burton, p.127.